

THE FOUNDATIONS OF YOGA

A

JESUS

CENTERED
APPROACH



45 MINUTE PRACTICE

"I ASK HIM TO STRENGTHEN YOU BY HIS SPIRIT - NOT A BRUTE STRENGTH BUT A GLORIOUS INNER STRENGTH - THAT CHRIST WILL LIVE IN YOU AS YOU OPEN THE DOOR AND INVITE HIM IN. AND I ASK HIM THAT WITH BOTH FEET PLANTED FIRMLY ON LOVE, YOU'LL BE ABLE TO TAKE IN WITH ALL FOLLOWERS OF JESUS THE EXTRAVAGANT DIMENSIONS OF CHRIST'S LOVE. REACH OUT AND EXPERIENCE THE BREADTH! TEST ITS LENGTH! PLUMB THE DEPTHS! RISE TO THE HEIGHTS! LIVE FULL LIVES, FULL IN THE FULLNESS OF GOD."

- ephesians 3:15-19

With both feet "planted firmly on love," reflect on the difference between what striving versus anointing looks like in your life? If you're not sure, ask Holy Spirit to show you.

Picture Jesus at your door knocking to come in, responding to an invitation you extended to him. Write down the first thoughts or feelings that come to mind as you picture this. Then write down what you would say to Him as you open the door, invite Him in, and show Him around.